

## **Best Practice ONE**

**Title of the practice:** *Thematic activities at the Anubhav Mumbai, Extension Centre, CSWNN, Goregaon*

**The context that required the initiation of the practice;** In the early 1990s, the college administration felt that in addition to providing quality education to its own regular students, it should be able to reach out to the immediate neighborhood/ community, civil society organizations, industry and the society in general as part of its social responsibility. With this objective, the Extension Centre was set up at Goregaon in the year 1993. Anubhav Mumbai, a project of the College of Social Work, has been working with the students and non-student youth of the suburban colleges of Mumbai since 1997.

**Objectives of the practice:** The vision of Anubhav Mumbai is development of youth as concerned citizens committed to social transformation. Anubhav Mumbai has been trying to internalize its core values among youth through different thematic awareness programs and activities. The goal of Anubhav Mumbai hence is “Youth Development and Youth for Development”. Anubhav Mumbai aims at enabling youth to discover themselves and to contribute positively to the development of society as concerned and responsible citizens

**The Practice:** Thematic programmes and activities are organised and conducted by the project, which concertededly focuses on the same theme throughout the entire academic year.

During 2013-2014, Anubhav Mumbai conducted activities such as college campaigns, group bonding workshop, exposure visits and awareness programmes for the youth. The theme of the year “Woman is Not an Object 2013-2014” was based on the project’s core value of Gender Justice.

The theme selected for year 2014 -2015 was “Youth for Senior Citizens” based on core value “Social Justice” with the main objective to sensitize youth to provide care and protection to the vulnerable elderly people in the society.

The theme for the year 2015-16 was” Youth for Social Justice”, also one of the project’s core values.

The programs, visits, workshops and debates organized were related to this theme. The various awareness programs and workshops were on topics such as communal harmony, preamble of Constitution of India, Hepatitis B and C, women’s empowerment, how to Say No, superstition, human rights, child sexual abuse, sex, sexuality and gender, status of women in India and women’s rights. These sessions gave the youth an insight into issues of social justice and also helped them develop their own perspectives regarding the same. It has also created critical thinking among the students.

The theme for the year 2016-17 was “Save Water, Share Water” which was based on its core values i.e. Environmental Justice. Anubhav carried out a water collection drive in the suburb of Goregaon in

Mumbai and collected and delivered 15,000 liters of water to Beed district in Maharashtra, which was facing acute water crisis.

The theme of Anubhav Mumbai for the year 2017-18 was *Youth for Good Governance*. Good governance is the centre stage for development as it involves political, social and economic accountability of people in positions of power. Anubhav Mumbai team took up this team as it promotes a sense of responsibility and commitment amongst the youth towards nation-building and democratic processes. The sessions conducted with college youth were on topics such as Democracy and Secularism, Gender Justice, Social Justice, Environmental Justice, Scientific Temper, Honesty & integrity and dignity of labour.

**Obstacles faced if any and strategies adopted to overcome them.**

Students are always enthused to attend these sessions and programmes, hence no obstacles were faced in organising them.

**Impact of the practice.** Thematic activities planned for the students from various colleges in Mumbai helps in deeper focus on the issue leading to better understanding and involvement of students. They are exposed to several discussions and deliberations on important and relevant topics which prepare them to be contributing citizens.

**Resources required.** Large hall, permission from colleges to conduct programmes and space; materials for sessions such as chart papers, projectors etc, and resource persons.

## **Best Practice TWO**

**Title of the practice:** *Initiation of field action project, SPANDAN.*

**The context that required the initiation of the practice**

The project was implemented in three revenue villages namely Savroli, Dongare and Anvir comprising of twenty-five hamlets in the areas surrounding Talasari Taluka in Palghar District of Maharashtra. The deaths of children due to malnourishment reported in June -July 2016 exposed the magnitude of malnourishment among the tribal households.

**Objectives of the practice (50 – 60 words)**

The local government of Talasari block, Palghar district contacted the College of Social Work to intervene. The general objective of the project is to disseminate knowledge on balanced diet amongst communities in Savroli, Dongari and Anvir villages in Talasari. The specific objectives of the project is to improve the health status of tribal children; to increase the knowledge of mothers and

care takers; to assess post interventional knowledge and practice by conducting research studies and to network with government agencies to reduce malnutrition.

### **The Practice**

A team of Faculty Members from College of Social Work, and College of Home Science immediately visited the site and met the local government functionaries to strategize relevant interventions to address the situation. As an outcome of these discussions Spandhan was born. Spandhan envisions to eradicate malnourishment among the tribal community and build community leadership in monitoring the health status of mother and children. The thrust areas of SPANDHAN are: Community Participation Nutrition Child Protection Health Education Maternal Health

Various activities undertaken by SPANDHAN are Participatory Rural Appraisal, anthropometric measurements, *prabath pheri* to create awareness about malnutrition, capacity building programme of Asha workers, and health camp for tribals. Sessions for children include self-awareness, morals, values and personality development, personal hygiene, and Bal Melava; sessions for adolescents/ adults include menstrual hygiene practices, breastfeeding, demonstration of low-cost nutritive recipes, life skills, effective communication, interpersonal relationship, and decision making.

### **Obstacles faced if any and strategies adopted to overcome them.**

The project has recently been initiated and no major obstacles have been faced till date.

### **Impact of the practice.**

The impact of the project will be evaluated after one more year to know how the rural community has fared vis a vis health.

### **Resources required.**

Social Workers; office space and stay arrangements for staff; materials to conduct sessions; equipment for checking height, weight, etc.